The Hyper Carnivore Diet: Biology, Physiology, and Biochemistry

TRANSCRIPT to a LENNY SANCHEZ AI PODCAST on the topic of the hyper carnivore diet

This collection of articles authored by Joachim Bartoll, critiques conventional nutritional wisdom and modern medical studies. Bartoll frequently dismisses studies as "retarded" or "stupid", advocating instead for a species-specific diet for humans: a hyper-carnivorous regimen centered on animal-based foods. He asserts that plant-based foods are inherently toxic and devoid of essential nutrients, contributing to various health problems. Bartoll often attributes modern ailments like cancer, obesity, and hormonal imbalances to the consumption of plant-based and processed foods. The author also shares personal anecdotes and coaching experience to support his dietary recommendations, and encourages his readers to donate and join his community.

Welcome to the Deep Seek Daily News Podcast, and today we're unpacking **100 meaningful takeaways on the hyper-carnivore diet** from the uploaded source materials. The hyper-carnivore diet, focusing almost exclusively on animal-based foods, challenges conventional nutritional guidelines and raises important questions about human dietary needs, ancestral eating patterns, and the impact of plant-based foods on health. Let's dive into the key insights from Joachim Bartoll's articles on Mp3Truth.com.

Context Setting

The hyper-carnivore diet is a dietary approach that centers around the consumption of animal-based foods while excluding or severely restricting plant-based foods[1]. This diet is rooted in the belief that humans are **obligate hyper-carnivores**, meaning our bodies are optimized to thrive on animal products[2]. Proponents argue that this way of eating aligns with our ancestral past, provides superior nutrient bioavailability, and minimizes exposure to toxins found in plants[3]. This perspective contrasts sharply with mainstream nutritional advice that typically emphasizes a balanced intake of both plant and animal foods[6].

SOURCE MATERIAL Summaries

1. Real Organic Nutrients Makes A Meal More Satiating

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Key Takeaway 1: Many modern studies are considered a waste of time and resources[7].

According to Joachim Bartoll, many studies research useless and "retarded" things[7]. He hopes to

salvage the study summary from Examine.com by adding something useful[7].

- **Key Takeaway 2:** Bread, including sourdough and yeast bread, is viewed as toxic and lacking nutritional value[8].
  - Bread is considered as bad as oatmeal and a toxic edible with almost zero nutritional value[8]. Calling it a "food" is a misnomer[8].
- **Key Takeaway 3:** The focus on glucose concentrations post-meal is misguided; total glucose exposure time is more critical[9].
  - It’s the total glucose exposure and how long it lasts that is the real offender, as in the total time soft tissues are being exposed to unnaturally elevated levels of glucose[9].
- **Key Takeaway 4:** Sourdough bread may be more harmful than yeast bread due to slower glucose release over a longer period[10].
  - The increased fiber content and lactic acid in sourdough bread will make carbohydrates enter the bloodstream as glucose "slower," thus doing more damage to soft tissues and organs over time[10].
- **Key Takeaway 5:** Elevated blood glucose levels can cause various health complications, including heart disease and nerve damage[11].
  - High blood glucose levels can damage blood vessels, increasing the risk of heart disease, heart attacks, and strokes[11]. Prolonged exposure to high blood glucose can damage nerves, causing numbness, tingling, and pain in hands and feet[11].
- **Key Takeaway 6:** A quick spike in blood glucose, promptly managed by insulin, is less harmful than a slow, steady increase[12]....
  - Insulin helps to rapidly clear glucose from the bloodstream, preventing it from causing prolonged damage to soft tissues[13]. Any amount of glucose above normal safe levels as maintained by our body and gluconeogenesis is damaging to soft tissues[12].
- **Key Takeaway 7:** Hunger and cravings are driven by nutrient deficiencies, and only bioavailable, organic nutrients provide lasting satiety[14].
  - If we are low on nutrients, or even experience nutrient deficiencies, we will be hungry all the time[14].
  - ⓘ ly real bioavailable and organic nutrients will leave you satiated for longer periods of time[14].

Key Takeaway 8: Real satiety is linked to being fully nourished by consuming nutritious foods[15].

- Real satiety, which prevents hunger and cravings, is more closely related to being fully nourished by consuming nutritious foods[15].

Key Takeaway 9: Humans are obligate hyper-carnivores, and animal foods are the only source of fully absorbable organic nutrients[3].

- For humans, animal foods are the only source of fully absorbable organic nutrients and also the only way to nourish our bodies[3].

Key Takeaway 10: A diet lacking in nutrients leads to constant hunger and cravings[3].

- If you do not feel satiated and/or if you feel hungry or have cravings during the day, your diet is severely lacking[3].

2. Stupidity 101: Stimulants (Guarana) Reduce Perceived Fatigue

Key Takeaway 11: Fatigue is a result of the body's attempts to detoxify and heal from toxic overload[16].

- It’s simply the toxic load and the desperate attempts by the body to detoxify and heal that is making you tired and fatigued[16].

Key Takeaway 12: Tumors can be seen as a protective mechanism to shield off toxins or metabolize high levels of blood glucose[16]....

- Cancer is simply a desperate measure by the body to extend your lifespan, giving you another chance to turn things around, to remove the offenders, by forming tumors to shield off toxins or to metabolize unnatural toxic high levels of blood glucose[17].

Key Takeaway 13: Consuming appropriate foods and fixing metabolism to run on animal fat boosts energy without stimulants[18]....

- The boost of energy is simply from consuming the correct species-appropriate foods and fixing their metabolism to run on animal fat as it is supposed to, as in being in ketosis and getting all the essential nutrients that you need[18]....

y Takeaway 14: Guarana acts as a stimulant, causing acute poisoning and triggering the fight-or-flight stress response[20].

- Guarana causes an acute poisoning and a fight-or-flight stress response, forcing the body to mobilize energy through the release of hormones such as epinephrine, nor-epinephrine and cortisol[20].

- **Key Takeaway 15:** Repeated activation of the fight-or-flight response can lead to negative health consequences[21].
  - Repeated activation of the fight-or-flight response can lead to an overstimulation of the body's stress response system resulting in insomnia, anxiety, and an increased heart rate, among others[21].

- **Key Takeaway 16:** Reversing extreme fatigue involves adopting a natural human diet of animal-based foods and prolonged fasting[22].
  - Extreme fatigue can be reversed by adopting our natural human diet of animal-based foods (actually going full raw carnivore) and doing prolonged fasting and especially dry fasting[22].

- **Key Takeaway 17:** Guarana extract contains toxic compounds that enhance its stimulant effects[23].
  - A pure guarana extract contains caffeine, it also includes other highly toxic compounds that can enhance its stimulant effects, making it potentially more potent than an equivalent amount of pure caffeine in terms of its overall impact on the body[23].

- **Key Takeaway 18:** The body responds to toxins by becoming more alert and mustering energy to escape the dangerous situation[24].
  - Your body will respond in the same way, making you more alert, sharpening your senses, and mustering as much energy as possible so you can get away from the dangerous situation[24].

- **Key Takeaway 19:** Cancer is not the enemy; the offenders that caused the body to develop tumors are the real issue[25].
  - The “enemy” is the offenders that caused the body to develop cancer, as in tumors, in the first place[25].

- **Key Takeaway 20:** Removing offenders and nourishing the body will allow it to heal and become healthy again, without the need for stimulants[25].
  - Remove these offenders and nourish the body, and it will heal and become healthy again[25].

3. Drinking Sparkling Water Will Force Your Body To Produce More Bicarbonate Ions To Avoid Hypercapnia

Hypercapnia

- **Key Takeaway 21:** Medical and nutritional studies often lack basic knowledge of biology, physiology, and biochemistry[26]....
  - There is an embarrassing lack of knowledge in almost every single medical- and nutritional study conducted today as well as the publications writing about them[26].
- **Key Takeaway 22:** Nutrients in animal-derived foods are fully bioavailable and non-toxic to humans[4]....
  - The nutrients in animal-derived foods are readily absorbed and utilized by the human body, just like those stored in human tissues[28]. Since the nutrients are stored in a similar manner, they cannot be toxic or harmful to humans[28].
- **Key Takeaway 23:** Artificially increasing carbon dioxide in the blood stresses the body and is not a good strategy for weight loss[29]....
  - If any of these compounds increases by unnatural means, as through consumption or injection, your body has to put all its resources into neutralizing it and bring it down to normal levels again to avoid tissue and organ damage[29].
- **Key Takeaway 24:** Temporary feelings of fullness from drinking carbonated water do not equate to real satiety[15].
  - A slow gastric emptying due to slow digestion can lead to temporary feelings of fullness, but this does not necessarily translate to real satiety[15].
- **Key Takeaway 25:** The body strictly controls and regulates pH levels in tissues to ensure proper functionality[31]....
  - Different tissues require different pH levels to function and your body will do everything it can to keep these pH levels within these optimal ranges[31].
- **Key Takeaway 26:** Glucose uptake in cells is driven by energy demand, not temporary changes in pH[33].
  - Glucose uptake in cells is primarily driven by the energy demand of specific chemical processes, ⓘ ner than temporary changes in the cell's pH or alkalinity[33].

Key Takeaway 27: The conversion of carbon dioxide into bicarbonate ions helps regulate the body's acid-base balance and prevent hypercapnia[34].

- The conversion of carbon dioxide into bicarbonate ions is a vital mechanism that helps to regulate the body's acid-base balance and prevent hypercapnia, a condition characterized by an excessive amount of carbon dioxide in the blood[34].

- **Key Takeaway 28:** Reducing carbohydrate intake is a more effective strategy than stressing the body with carbonated water for minimal glucose usage[34].
  - Simply reduce the intake of toxic carbohydrates instead[34]. That will make a huge difference[34]!

- **Key Takeaway 29:** Adding toxicity and stress to the body cannot be considered an adjunct to a healthy diet[35].
  - How can something that adds toxicity and stress to the body be considered an “adjunct” to a “healthy diet?”[35].

- **Key Takeaway 30:** Avoiding blood glucose issues, toxicity, and body fat gain is achieved by adhering to a species-specific diet[36].
  - Problem solved. No more blood glucose issues, no more toxicity, no more damaged soft tissues, and no more body fat gain[36].

4. Oral Health: A Toothpaste Containing Curcumin And Melatonin Will Kill Cells In Your Mouth

- **Key Takeaway 31:** Curcumin is a potent poison, and synthetic melatonin differs from naturally produced melatonin[37]....
  - We know that curcumin is a very potent poison and that synthetic melatonin is not the same as the melatonin naturally produced by the body[37]....

- **Key Takeaway 32:** Plant-derived antioxidants can be highly toxic to humans, causing cellular damage[39]....
  - Plant-derived antioxidants can cause significant cellular damage in humans, interacting with human enzymes and proteins, disrupting normal cellular functions[39]....

- **y Takeaway 33:** Synthetic melatonin may have varying levels of purity, potency, and antioxidant activity compared to natural melatonin[41]....

- While the molecular structure of natural and synthetic melatonin is almost identical, the synthetic version may have varying levels of purity and potency and will have a different profile of antioxidant activity, as it's not a natural bioactive source of melatonin, which means that it will damage cells[41]....

- **Key Takeaway 34:** An increase in saprophytic bacteria indicates cellular damage and cell death[43]....
  - An increase in saprophytic bacteria is often a sign of cellular damage and cell death[43]. Saprophytic bacteria play a crucial role in breaking down dead and decaying organic matter, facilitating the removal of waste and promoting healing[43]....

- **Key Takeaway 35:** Curcumin is especially dangerous if ingested, as it is very toxic to epithelial cells[45].
  - Curcumin is mostly dangerous if ingested as it's very toxic to the epithelial cells, as in the thin layer of cells that lines the outer surfaces of organs and structures within the body[45].

- **Key Takeaway 36:** Toothpastes containing curcumin and melatonin can damage and kill cells within the mouth[43]....
  - There will also be damage to any tissues within the mouth that these toxins come in contact with[46]. These two toxic compounds damaged and killed cells within the mouth and thus saprophytic bacteria multiplied to clear out the waste so the body can begin its healing process[43].

- **Key Takeaway 37:** Melatonin has antimicrobial effects but can also harm beneficial bacteria necessary for tissue healing[47]....
  - Melatonin has been found to have antimicrobial effects, which could be beneficial for oral health[47]. Using melatonin as a toothpaste ingredient may also have negative consequences, such as killing beneficial bacteria that are necessary for tissue healing and the removal of toxins, dead cells, and other debris[47]....

- **Key Takeaway 38:** Eliminating non-species-appropriate compounds is crucial for reducing harmful bacteria in the mouth[49]....
  - You should eliminate anything that is not natural and not species-appropriate, as it is only these compounds that can increase bacteria that we obviously do not need and that can actually harm our tissues due to their fermentation and cleaning processes[49]....

Key Takeaway 39: Carbohydrates contribute to oral health problems by feeding harmful bacteria and

Key Takeaway 39: Carbohydrates contribute to oral health problems by feeding harmful bacteria and creating an acidic environment[50]....

- The bacteria in the mouth feed on these compounds, breaking them down and producing acid as a byproduct[50]. This acidic environment can damage the enamel on teeth, leading to issues such as cavities and gum disease[50]....

- **Key Takeaway 40:** Following a carnivore diet eliminates the need for toothpastes, as it removes the cause of pathogenic bacteria[51]....

- If you remove carbohydrates and fiber from your diet, there will never be any “pathogenic,” as in potentially destructive, bacteria in your mouth or in your colon[51].

5. Soy-Boy Vegan-Like Female Fat Distribution in Men

- **Key Takeaway 41:** Lifestyle factors, such as diet and toxic exposure, are major causes of different fat distribution patterns[53].

- Lifestyle factors such as diet and toxic exposure (especially endocrine-disrupting chemicals such as phytoestrogens from both food and environmental factors) is the major cause of different fat distribution patterns[53].

- **Key Takeaway 42:** Chronically elevated blood glucose, toxic exposure, and nutrient deficiencies can increase aromatase activity[54].

- High blood glucose levels can lead to insulin resistance, which can contribute to increased aromatase activity[54]. Exposure to certain toxins, such as endocrine-disrupting chemicals, can also affect aromatase activity[54].

- **Key Takeaway 43:** Cholesterol and saturated fatty acids are essential for testosterone production[55].

- Cholesterol serves as a precursor molecule, while saturated fatty acids modulate enzyme activity and influence membrane structure and fluidity[55].

- **Key Takeaway 44:** A diet with plant-based foods and toxic exposure causes fat storage in a womanly pattern even in lean men[56].

- Because of a shitty diet with plant-based garbage and toxic exposure, some men store small amounts of excess fat in the womanly pattern instead of on their bellies and love handles[56].

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Key Takeaway 45: Modern plant-based and processed diets, along with drugs, medicines, and

vaccines, are the real reasons behind health issues[57].

- The real reason behind health issues is the modern plant-based and processed diet, and that of drugs, medicines, vaccines, and other toxic exposure[57].

- **Key Takeaway 46:** Common reasons for liver damage include toxic exposure and high blood glucose[58].
  - This can come from various sources such as medications, heavy metals, pesticides, plant defense chemicals, and antinutrients[58].
- **Key Takeaway 47:** Grains and soy-derived products are significant sources of endocrine-disrupting chemicals[59].
  - Grains and soy-derived products are significant sources of endocrine disrupting chemicals, including phytoestrogens, triclosan and triclocarban, BPA analogs, pesticide residues, and other contaminants[59].
- **Key Takeaway 48:** Fat loss should be a natural effect of changes toward a healthier life, focusing on health, wellbeing, and longevity[1]....
  - Never focus solely on fat loss as a single goal[60]. If overweight, fat loss should be a natural effect of your changes toward a healthier life[1].
- **Key Takeaway 49:** Humans are obligate hyper carnivores and can only function optimally by following a species-specific animal-based diet[1]....
  - Humans are obligate hyper carnivores, and we can only function optimally if we follow that way of eating, the diet we are constructed for[1].
- **Key Takeaway 50:** Plant-based and processed foods contain useless and toxic carbohydrates, damaging fiber, and highly toxic defense chemicals. Meanwhile, all plant-based and processed foods contain useless and toxic carbohydrates, damaging fiber, highly toxic defense chemicals, antinutrients, pesticides, and heavy metals[5].

6. All Seed- And Vegetable Oils Are Toxic And Very Bad For You!

- **Key Takeaway 51:** Unsaturated fats from plants are not a part of human physiology[61].

Unsaturated fatty acids, characteristic of plant-based foods, are not a part of human physiology[61].

- **Key Takeaway 52:** Humans do not require unsaturated fats from plants; the body can synthesize essential fatty acids from animal-based sources[62].
  - Humans do not require unsaturated fats from plants[62]. The human body can synthesize essential fatty acids (EFAs) from other lipids, and the necessary building blocks are provided by animal-based sources[62].
- **Key Takeaway 53:** Humans are obligate hyper carnivores, and all plant-based edibles are extremely toxic and void of nutrition[63].
  - Humans are obligate hyper carnivores and that all plant-based edibles are extremely toxic and also pretty much void of nutrition for humans[63].
- **Key Takeaway 54:** Plant compounds are inherently incompatible with human biology due to their chemical differences[64]....
  - Plant compounds are inherently incompatible with human biology due to their chemical differences from compounds found in human cells[64]. This fundamental disparity renders plant compounds toxic to the human body[64]....
- **Key Takeaway 55:** Accumulation of plant-based and processed foods is the real cause of sickness, fatigue, and early death[66]....
  - It's the accumulation of all the plant-based crap and the processed Frankenstein foods that is the cause of health decline[66]....
- **Key Takeaway 56:** Animal-based saturated fat is unlikely to be converted to body fat when running on a natural fat metabolism[68].
  - Very little of any animal-based saturated fat will ever be converted to body fat, as the body will use what it needs and then discard the rest[68].
- **Key Takeaway 57:** Plant-based unsaturated fats are toxic and can easily cause body fat gain, even on a ketogenic diet[69].
  - Getting some fats from plant-based unsaturated fats can easily make you gain body fat, as these unsaturated fats are toxic[69].

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Key Takeaway 58: Gaining body fat is mainly caused by a high toxic load, leading the body to store

Key Takeaway 58: Gaining body fat is mainly caused by a high toxic load, leading the body to store toxins in fat cells[70].

- Gaining body fat is mainly the cause of a very high immediate toxic load (both toxic compounds and elevated blood glucose from carbohydrates,) which causes the body to store away these toxins in fat cells[70].

- **Key Takeaway 59:** The toxins most prone to be stored in fat cells are damaged unsaturated fats from plant-based fatty acids[71].

- The toxins that are most prone to be stored in fat cells (adipose tissue) and even forcing the body to create new fat cells are that of damaged unsaturated fats, as in plant-based fatty acids that the body cannot use[71].

- **Key Takeaway 60:** Every single source of plant-based fatty acids are toxic, including olive oil and avocado oil[72]....

- Every single source of plant-based fatty acids are just as toxic, just as bad, and that includes idiotic crap like olive oil and avocado oil[72].

7. Eating In The Evening Contributes To Diabetes? Eating Late Is Always Bad!

- **Key Takeaway 61:** Eating large meals later in the day interferes with sleep and the body's natural detoxification and healing processes[74]....

- You do not want digestion interfering with sleep and thus the detoxification and healing processes[74]. By eating late, especially larger meals that take a long time to digest, you inhibit your body's ability to detoxify, heal, and recover[74]....

- **Key Takeaway 62:** Consuming food or stressing organs can temporarily slow down or shut down the detoxification process[76].

- Consuming food or stressing the organs can temporarily slow down or shut down this process because the body diverts its resources to prioritize digestion and absorption of nutrients, as well as responding to the stress signals[76].

- **Key Takeaway 63:** A fasted state maximizes detoxification pathways, allowing the liver and kidneys to eliminate toxins more efficiently[77].

- ⓘ a fasted state, after fully digesting a meal, the body is able to focus its resources on detoxification pathways[77]. Without the need to process food, the liver and kidneys can redirect their energy to

eliminate toxins and waste products more efficiently77.

- **Key Takeaway 64:** Sleep amplifies the body's natural detoxification processes, with the lymphatic system becoming more active77.
  - Our body's natural detoxification processes are amplified The lymphatic system, responsible for removing toxins and waste products, becomes more active during sleep77.
- **Key Takeaway 65:** Chronic inflammation is ongoing detoxification and/or healing, often due to poor diet and toxic exposure78.
  - “Chronic inflammation” is simply ongoing detoxification and/or healing, as the body can’t really keep up with the damage you do through poor diet, eating habits, and toxic exposure78.
- **Key Takeaway 66:** Digestion slows down during sleep, hindering detoxification and healing processes79.
  - Digestion is slowed down as your body tries to initiate and increase other processes vital to sleep and recovery79. As digestion is prioritized and shuts down detoxification and healing, all processes struggle and none of them will run optimally until you enter a fasted state79.
- **Key Takeaway 67:** Elevated blood glucose levels cause damage to soft tissues80.
  - When blood glucose levels rise above normal levels, as maintained by gluconeogenesis, it can cause damage to soft tissues80.
- **Key Takeaway 68:** The timing of meals can significantly impact glucose metabolism, regardless of weight or caloric intake81.
  - Regardless of a person’s weight or general caloric intake, the time of day when they eat can have significant consequences on glucose metabolism81.
- **Key Takeaway 69:** All carbohydrates, regardless of their complexity, break down into blood glucose, causing damage82....
  - All carbohydrates, regardless of their complexity or fiber content, will ultimately break down into blood glucose within the body82....

Key Takeaway 70: The issue with eating late is the interference with the body's preparation for sleep, detoxification, healing, and recovery84.

detoxification, healing, and recovery[84]....

- The issue is that your body is preparing for sleep, detoxification, healing, and recovery, and by eating you interfere with these processes[84]....

8. Our natural species appropriate diet. One “diet” to rule them all?

- **Key Takeaway 71:** Humans are obligate hyper carnivores, with a heritage based on animal-based nutrition[86].
  - It’s fully clear that humans are obligate hyper carnivores[86]. Our entire heritage is based on animal-based nutrition with the ability to survive for short periods of time on plant-based foods (depending on nutritional stores)[86].
- **Key Takeaway 72:** Animal-based nutrition is the only way to get fully bioavailable nutrition, including nutrients not present in plant-based foods[87]....
  - Animal-based nutrition is the only way to get fully bioavailable nutrition, including more than 20 nutrients that are not even present in plant-based foods[87]....
- **Key Takeaway 73:** Animal nutrition is what humans are coded for, and consuming it allows the body to heal[88].
  - Animal nutrition is what we are coded for, it’s in our DNA[88]. And once we get back to consuming what we are made for, our bodies can heal and our gut flora will adjust within a few weeks[88].
- **Key Takeaway 74:** Adding plant-based foods decreases the quality of a meal[89].
  - You can add in plant-based foods if you like (for taste and/or texture), but it will severely decrease the quality of the meal[89].
- **Key Takeaway 75:** The perfect species-appropriate diet for humans is animal-based/carnivore[88]. * The perfect species appropriate diet for humans are animal-based/carnivore[88].

9. Can Bitter Melon Inhibit Your Body’s Healing Processes? (Cholesterol and Triglycerides Explained)

- **Key Takeaway 76:** Interfering with total cholesterol, LDL cholesterol, or HDL cholesterol is not recommended, as these are controlled by the body based on need[90].
  - You should never interfere with total cholesterol, LDL cholesterol or HDL cholesterol as these are ⓘ ıtrolled by the body depending on need[90].

Key Takeaway 77: Elevated cholesterol levels indicate the body's need for tissue repair[90].

- If cholesterol goes up, it's because it’s needed for tissue repair[90].

Key Takeaway 78: Triglycerides are a natural source of energy and are necessary for normal body function[91].

- Triglycerides are a natural type of fat found in the blood[91]. They are an important source of energy for the body and are necessary for its normal function[91].

Key Takeaway 79: Consuming toxic carbohydrates leads to increased triglyceride levels above normal physiological levels[91]....

- If you have been deceived into consuming toxic carbohydrates, your body will form triglycerides from the breakdown of dietary fats and carbohydrates, thus increasing the levels of triglycerides above normal physiological levels[91]....

Key Takeaway 80: Plant-based compounds can interfere with bodily functions and have toxic and damaging effects[93]....

- The idiotic idea of administering anything plant-based should tell you that there will be a toxic and damaging effect and that the chemical compounds from the plant will likely interfere with something in the body until it’s been neutralized and excreted[93]....

Key Takeaway 81: Reducing total cholesterol is unhealthy, impacting cognitive function and cellular repair[95].

- Reducing total cholesterol is not an “improvement,” it’s a very, very bad and unhealthy thing[95]. Lowering cholesterol will not only increase all cellular damage as the body will not be able to repair itself, it will also impact cognitive function as the brain will starve[95].

Key Takeaway 82: Elevated cholesterol is a response to toxins, not the cause of cellular damage[96].

- The elevated level of cholesterol and the inflammatory response is nature trying to heal and repair all the damage the toxins have caused, as a result of your very bad nature[96].

Key Takeaway 83: A reduction in triglycerides after taking a plant-based compound is usually due to ıcreatic lipase inhibition, which is very bad and toxic[97]....

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A reduction in triglycerides after taking a compound or a drug is usually due to pancreatic lipase inhibition, which means that the production of triglycerides from fatty acids and glycerol is temporarily hindered as the pancreas is “attacked” and damaged by that compound[97]....

- **Key Takeaway 84:** Plant compounds can inhibit HMG-CoA reductase, lowering the natural production of cholesterol[99].
  - Several plant compounds have been identified to inhibit HMG-CoA reductase, thereby lowering the natural production of cholesterol[99].
- **Key Takeaway 85:** High cholesterol levels indicate the body is desperately trying to repair damage from a bad diet; change the diet[100].
  - If your cholesterol levels are high, it’s because your body is desperately trying to repair all the damage you do to it by your bad diet[100].

10. Parasites 101: In An Healthy Environment We All Live Together In Perfect Balance

- **Key Takeaway 86:** Parasites help eliminate heavy metals and damaged, degenerative, or dead cells[101].
  - Parasites actually help to eliminate heavy metals and damaged, degenerative or dead cells[101].
- **Key Takeaway 87:** Parasites do not thrive among healthy cells where toxicity is low[101].
  - Intestinal worms or parasites do not thrive among healthy cells where toxicity is low[101].
- **Key Takeaway 88:** All living beings have parasites in them, and we all live in symbiosis[102].
  - All living beings have parasites in them, and we all live in symbiosis[102].
- **Key Takeaway 89:** Parasites feed on toxins and damaged cell residues and flourish in unhealthy individuals with tissue damage[103].
  - Parasites can indeed feed on toxins, damaged and dead cell residues, which allows them to flourish in unhealthy and sick individuals with tissue damage[103].
- **Key Takeaway 90:** Consuming non-species-specific foods, like plant-based edibles, increases the number of parasites needed to mitigate damage[104]....

If your diet is composed of mostly non-species-specific and appropriate foods, such as plant-based

If your diet is composed of mostly non-species-specific and appropriate foods, such as plant-based edibles, you will have an increased number of parasites to mitigate the damage[104]....

- **Key Takeaway 91:** Following a species-appropriate animal-based diet nourishes the body, causes minimal toxicity, and prevents parasites from becoming a problem[106].
  - If you follow a species-appropriate, species-specific animal-based diet that nourishes the body and causes minimal toxicity and damage, and where the cells of the intestine are healthy, parasites will never become overpopulated or a “problem”[106].
- **Key Takeaway 92:** Disinformation about parasites and advocacy for parasitic cleanses can be harmful to health[107].
  - The medical establishment and controlled opposition pushes so much disinformation about parasites and advocates “parasitic cleanses,” which can be devastating for your health[107].
- **Key Takeaway 93:** The diet and lifestyle is the problem that allows parasites to become overpopulated as they are simply trying to clean up damaged terrain[108].
  - Parasites are not the real problem[108]. Your diet and lifestyle is the problem the problem that allows them to become overpopulated as they are simply trying to clean up your filthy, dirty, and damaged terrain[108].
- **Key Takeaway 94:** Nutrient deficiencies impair detoxification and tissue healing, causing parasites to continue consuming tissues[109]....
  - If you have nutrient deficiencies, your body can’t keep up with either detoxification nor tissue repair, and parasites, including bacteria, will simply continue to consume tissues[109]....
- **Key Takeaway 95:** In compromised individuals, parasites can enter the bloodstream and affect organs like the liver, lungs, and brain[111]....
  - Parasites can indeed enter the bloodstream and affect organs such as the liver, lungs, and brain in individuals with a compromised gut barrier, a condition often referred to as “leaky gut"[111]....
- **Key Takeaway 96:** Stomach acidity in healthy humans is very low (pH 1.5-2.0), which is lower than most animals[113].
  - ⓘ e stomach acid pH in healthy humans is indeed very low, with a pH of around 1.5-2.0[113].
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Key Takeaway 97: The use of Ivermectin could cause acute poisoning and a lot of tissue damage from toxic exposure[114].

- Using something as retarded as Ivermectin could cause acute poisoning and a lot of tissue damage from toxic exposure, not to mention how toxic that evil drug is to begin with (causing a lot of organ damage and even infertility)[114].

Key Takeaway 98: Parasites are part of our natural ecosystem and work in symbiosis with our bodies to sustain life[115]....

- Parasites, just like bacteria and fungi, are part of our natural ecosystem[115]. They work in symbiosis with our bodies to sustain life[115]....

Key Takeaway 99: Bacteria count in cooked food will grow as much as sixty times higher than in raw food[115].

- The bacterial count in cooked food will grow as much as sixty times higher than in raw food[115].

Key Takeaway 100: Actions of bacteria, parasites and fungi are always the most natural and preferred methods used by the body to detoxify and eliminate dead and degenerative cells[116].

- The actions of bacteria, parasites and fungi are always the most natural and preferred methods used by the body to detoxify and eliminate dead and degenerative cells[116].

Here are 50 keywords from the source material, along with supporting sentences that define, explain, and characterize each word:

Satiety: "Only real bioavailable and organic nutrients will leave you satiated for longer periods of time"[1]. "Real satiety, which prevents hunger and cravings, is more closely related to being fully nourished by consuming nutritious foods"[2].

Nutrient deficiencies: "According to biological and physiological principles, hunger and cravings are often triggered by one or multiple nutrient deficiencies, particularly in micronutrients, protein, and animal fats"[3]. "If we are low on nutrients, or even experience nutrient deficiencies, we will be hungry all the time"[1].

Gluconeogenesis: "Consuming carbohydrates and blood glucose levels rising above normal levels as maintained by gluconeogenesis can cause damage to soft tissues"[4].

Bioavailable Nutrients: "Only real bioavailable and organic nutrients will leave you satiated for

Bioavailable Nutrients: "Only real bioavailable and organic nutrients will leave you satiated for longer periods of time"[1]. "For us humans, who are obligate hyper carnivores, animal foods are the only source of fully absorbable organic nutrients and also the only way to nourish our bodies"[5].

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Obligate hyper carnivores: "For us humans, who are obligate hyper carnivores, animal foods are the only source of fully absorbable organic nutrients and also the only way to nourish our bodies"[5]. "Humans are obligate hyper carnivores, and we can only function optimally if we follow that way of eating, the diet we are constructed for"[6].

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Toxic load: "The more you strafe away from that path, the more likely it is that you develop nutrient deficiencies and also a high toxic load, two things that are detrimental to your health and wellbeing"[5]. "It's simply the toxic load and the desperate attempts by the body to detoxify and heal that is making you tired and fatigued, just as with most people in today's society who also are toxic messes consuming worthless and damaging plant-based and processed edibles"[7].

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Tumors: "Cancer is simply a desperate measure by the body to extend your lifespan, giving you another chance to turn things around, to remove the offenders, by forming tumors to shield off toxins or to metabolize unnatural toxic high levels of blood glucose"[8]. "In this context, tumors may serve as a protective mechanism to encapsulate and shield vital tissues from these harmful substances"[7].

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Ketosis: "And fixing their metabolism to run on animal fat as it is supposed to, as in being in ketosis and getting all the essential nutrients that you need"[9]. "In ketosis, the body prioritizes burning fat for energy, making it more challenging to store excess saturated fats as body fat"[10].

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Antioxidants: "However, a closer look at the natural world reveals that antioxidants are actually a defense mechanism used by plants to protect themselves from predators, Including humans"[11]. "In plants, antioxidants and defense chemicals are one and the same"[12].

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Defense chemicals: "Curcumin is a toxic plant defense chemical with antimicrobial properties where it disrupts cell membranes, effectively killing some microorganisms but also damaging any human cells it comes in contact with"[13]. "Plant defense chemicals and antinutrients"[14].

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Saprophytes: "The bacterial load of saprophytes increased with the toothpastes that contained curcumin, melatonin, and curcumin + melatonin and decreased with the placebo toothpaste, and the differences between the intervention toothpastes and the placebo toothpaste were statistically significant"[15]. "Remember, they even mentioned that saprophyte bacteria's primary function is to break down dead and decaying organic matter, which includes dead cells and other debris"[16].

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hogenic bacteria: "Pathogenic bacterial load decreased with the toothpastes that contained curcumin, melatonin, and curcumin + melatonin and increased with the placebo toothpaste, and the

differences between the intervention toothpastes and the placebo toothpaste were statistically significant"[17]. "If you remove carbohydrates and fiber from your diet, there will never be any “pathogenic,” as in potentially destructive, bacteria in your mouth or in your colon"[18].

- **Aromatase:** "While some experiments, especially in mice, has led to the theory that excess adipose tissue in people with symptoms of diabetes and/or “insulin resistance” can contribute to increased aromatase activity, its is much more likely that the increased aromatase activity is a result of the “terrain,” as in what caused the gain in body fat to begin with"[19]. "So, simple logic dictates that there are several reasons for aromatase activity, as in testosterone being converted into estrogen"[20].
- **Phytoestrogens:** "Lifestyle factors such as diet and toxic exposure (especially endocrine-disrupting chemicals such as phytoestrogens from both food and environmental factors) is the major cause of different fat distribution patterns"[20]. "Most alcoholic beverages contain a lot of endocrine-disrupting chemicals such as the plant-based phytoestrogens"[21].
- **Endocrine-disrupting chemicals:** "Lifestyle factors such as diet and toxic exposure (especially endocrine-disrupting chemicals such as phytoestrogens from both food and environmental factors) is the major cause of different fat distribution patterns"[20]. "Exposure to certain toxins, such as endocrine-disrupting chemicals, can also affect aromatase activity"[22].
- **Seed oils:** "Seed oils like canola and sunflower oil are commonly used in processed foods like baked goods"[23]. "The real truth about any kind of oil (fatty acids) from plants, such as seed- or vegetable oils, is that the different kinds of “fat,” such as monounsaturated and polyunsaturated fats are extremely toxic to humans"[24].
- **Linoleic acid:** "Still, these shills only focus on omega-6 — and by doing so, they silently reinforce the belief that the other fatty acids from plants are healthy, when they’re not"[25]. "Contrary to claims on social media, studies have shown that dietary intake of linoleic acid, the primary omega-6 in seed oil, does not increase inflammatory markers in the blood"[26].
- **Lipid peroxidation:** "Unsaturated fatty acids, especially linoleic acid, oxidize quicker than saturated fats"[27]. "So, not only are all plant-based fatty acids chemically different and need to be converted, but most of them are rancid as well, as in damaged, degraded and more or less useless (and also very, very toxic!)"[28].
- **Hypercapnia:** "Drinking Sparkling Water Will Force Your Body To Produce More Bicarbonate Ions To Avoid Hypercapnia"[29]. "Additionally, the conversion of CO_2 into bicarbonate ions is essential to prevent hypercapnia, a condition characterized by elevated CO_2 levels in the blood, which can lead to respiratory acidosis"[30].

- **Glycolysis:** "Next, the interior of the red blood cells ultimately becomes alkaline or less acidic. This leads to an increase in the breakdown of glucose by the red blood cells to produce energy, a process called glycolysis"[31]. "As the cell requires energy, it increases the uptake of glucose through various mechanisms, such as the regulation of glucose transporters, This ensures that the cell can meet its energy demands, regardless of temporary fluctuations in pH or alkalinity. The energy-consuming phase of glycolysis, which requires the investment of 2 ATP molecules, ultimately leads to the production of 4 ATP molecules, resulting in a net gain of 2 ATP molecules"[32].
- **Hyperglycemia:** "Prolonged hyperglycemia can damage blood vessels in the eyes, leading to conditions such as diabetic retinopathy, cataracts, and glaucoma"[33].
- **Glycation:** "Excess glucose binds to proteins and lipids, leading to the formation of advanced glycosylation end-products (AGEs)"[34].
- **Oxidative stress:** "Excess glucose reduces the effectiveness of antioxidant defenses, allowing reactive oxygen species (ROS) to accumulate and damage tissues"[35].
- **Leaky gut:** "This also means that the few extreme cases you might have heard of where parasites have ended up in other tissues are due to a leaky gut and an extreme amount of parasites living within the intestines due to an extremely poor and toxic diet that is high in plant-based and processed foods"[36].
- **Symbiosis:** "It is true that all living beings have parasites in them, and we all live in symbiosis"[37]. "In conclusion, the idea that all living beings have parasites in them and that we all live in symbiosis is supported by biology, physiology, and biochemistry"[37].
- **Red blood cells:** "Next, the interior of the red blood cells ultimately becomes alkaline or less acidic"[31]. "Glucose is transported into red blood cells through facilitated diffusion, a process mediated by protein carrier molecules"[38].
- **Cellular respiration:** "Normally, carbon dioxide enters the bloodstream through several mechanisms, primarily from our body's tissues where it is produced as a byproduct of cellular respiration"[39].
- **Micronutrients:** "According to biological and physiological principles, hunger and cravings are often triggered by one or multiple nutrient deficiencies, particularly in micronutrients, protein, and animal fats"[3].
- **imal fats:** "In biology and physiology, hunger and cravings are natural responses to nutrient deficiencies, particularly from micronutrients and animal fats"[3].

deficiencies, particularly from micronutrients and animal fats"[39].

- **Inorganic minerals:** "These are the minerals found in the earth or in carbonated water, which are not directly usable by the human body"[40].
- **Organic minerals:** "These are the minerals that are bound to organic molecules, such as amino acids or other carbon-based compounds, and are the form in which minerals are stored in our tissues"[41].
- **Mineral conversion:** "When inorganic minerals are consumed, they need to be converted into their organic form to be utilized by the body"[41].
- **Molecular Structure:** "The molecular structure of natural and synthetic melatonin is the same, but the synthetic version may have varying levels of purity and potency"[42].
- **Gastric Emptying:** "A longer gastric emptying will do nothing for satiety once that stomach is empty again"[1].
- **Fight or Flight Response:** "The fight-or-flight response, a physiological reaction to perceived threats, can be triggered by acute poisoning from plant-based toxins"[43]. "The stimulant effect of guarana, which makes individuals feel more alert and energized, is indeed linked to its ability to trigger a fight-or-flight stress response in the body"[44].
- **Adipose Tissue:** "If adipose tissue were solely responsible for aromatase activity, every single man who is slightly overweight should have female-like fat distribution, yet they do not"[45]. "The toxins that are most prone to be stored in fat cells (adipose tissue) and even forcing the body to create new fat cells are that of damaged unsaturated fats, as in plant-based fatty acids that the body cannot use"[46].
- **Hypogonadism:** "Deficiencies in these components can disrupt testosterone production, leading to hypogonadism and related disorders"[47].
- **Bioavailability:** "The bioavailability of natural melatonin is influenced by factors such as the timing of release, the presence of other hormones and neurotransmitters, and the individual's overall health, whereas synthetic melatonin may have a different bioavailability profile due to its chemical formulation and method of"[48].
- **Cell membrane:** "Curcumin is a toxic plant defense chemical with antimicrobial properties where it disrupts cell membranes, effectively killing some microorganisms but also damaging any human cells comes in contact with"[13].

Saturated fatty acids: "Cholesterol serves as a precursor molecule, while saturated fatty acids modulate enzyme activity and influence membrane structure and fluidity"[47]. "In summary, saturated fats and cholesterol are essential for the production of testosterone in the human body"[49].

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Cholesterol: "Cholesterol serves as a precursor molecule, while saturated fatty acids modulate enzyme activity and influence membrane structure and fluidity"[47]. "In summary, saturated fats and cholesterol are essential for the production of testosterone in the human body"[49].

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Triglycerides: "Compared to a placebo, supplementation with bitter melon reduced (improved) total cholesterol (—9.7 mgd.) and triglycerides (— 10.2 mg/dl"[50]. "And triglycerides are a natural type of fat found in the blood"[51].

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Homeostasis: "These compounds are designed to serve specific functions in plant growth, defense, or competition, but they are not adapted for human biology. In contrast, human cells contain unique biomolecules that are essential for maintaining cellular homeostasis and function"[52].

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L-tryptophan: "Natural melatonin is produced by the pineal gland in the brain through a four-step pathway using L-tryptophan as a precursor"[53].

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Epithelial cells: "Also, curcumin is mostly dangerous if ingested as it’s very toxic to the epithelial cells, as in the thin layer of cells that lines the outer surfaces of organs and structures within the body"[54].

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Advanced glycosylation end-products (AGEs): "Excess glucose binds to proteins and lipids, leading to the formation of advanced glycosylation end-products (AGEs). AGEs accumulate over time, causing structural and functional changes in collagen-rich tissues, nerve tissue"[34].

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Lipid peroxidation: "DNA damage and mutations, Protein misfolding and aggregation, Lipid peroxidation and membrane damage, Apoptosis (programmed cell death) or necrosis"[55].

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Gluconeogenesis: "Consuming carbohydrates and blood glucose levels rising above normal levels as maintained by gluconeogenesis can cause damage to soft tissues"[4].

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Omega-3 fatty acids: "Deficiencies in certain nutrients, such as vitamin D or omega-3 fatty acids, may also play a role in aromatase activity"[22].

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Bicarbonate Ions: "Drinking Sparkling Water Will Force Your Body To Produce More Bicarbonate Ions To Avoid Hypercapnia"[29].

Amylase and sucrase: "This process occurs through digestion and absorption in the small intestine, where enzymes such as amylase and sucrase convert carbohydrates into simple sugars like glucose"[56].

Here are 50 key takeaway points to improve your health, based on the source material, with five supporting sentences for each:

1.
Adopt a species-appropriate diet of animal-based foods[1]....
- Humans are obligate hypercarnivores and thrive on a diet mainly of animal foods[2]....
- This diet should consist of meat, fish, eggs, and some raw dairy[2]....
- An animal-based diet provides fully bioavailable nutrition, including nutrients not found in plants[6]....
- Following a species-appropriate diet allows the body to heal, and the gut flora adjusts within weeks[7].
- Consuming a carnivore diet can optimize hormone production and overall health[8].

2.
Avoid plant-based foods due to their toxicity[9]....
- Plant-based edibles are generally toxic and lack substantial nutrition for humans[9]....
- Plant compounds are often incompatible with human biology, leading to toxic effects[4]....
- Antioxidants in plants function as defense chemicals and can cause cellular damage in humans[12]....
- The body struggles to process and eliminate foreign substances found in plants[14]....
- Grains and soy products contain endocrine-disrupting chemicals that can disrupt hormone balance[16].

3.
Eliminate seed and vegetable oils from your diet[17].
- Seed oils like canola and sunflower oil are common in processed foods and are often promoted as healthy[18].
- Unsaturated fats from plants are chemically different from those in animals and humans, making them ...ic[19]....

These oils are prone to oxidation and rancidity, forming harmful byproducts even before consumption[21]....

- Seed oils contribute to obesity by causing the body to store toxins in fat cells[23]....
- All plant-based fatty acids, including those in olive and avocado oil, are toxic[25]....

4. **Understand the role of cholesterol in the body**[27]....

- Cholesterol is crucial for cell membranes, tissue repair, hormone synthesis, and brain function[27]....
- Elevated cholesterol levels often indicate the body is repairing cellular damage[30]....
- Lowering cholesterol artificially can impair the body's ability to heal and impact cognitive function[32]....
- Saturated fats and cholesterol are essential for testosterone production[34].
- "Bad" cholesterol is a misnomer[30].

5. **Recognize the dangers of elevated blood glucose levels**[35].

- High blood glucose damages blood vessels, increasing the risk of heart disease, heart attacks, and strokes[35].
- Prolonged exposure to high blood glucose can damage nerves, causing neuropathy[35].
- Uncontrolled blood glucose levels can harm kidneys, potentially leading to kidney failure[36].
- Elevated blood glucose can create an environment conducive to bacterial growth, increasing the risk of gum disease and tooth loss[36].
- High blood glucose levels may contribute to the development of vascular dementia[36].

6. **Avoid consuming carbohydrates to maintain stable blood glucose**[37]....

- Reducing intake of toxic carbohydrates helps avoid blood glucose issues, toxicity, and soft tissue damage[37]....
- carbohydrates break down into glucose, elevating blood glucose above safe levels and inflicting damage[39]

damage[39][40].

- By removing carbohydrates and fiber from the diet, "pathogenic" bacteria in the mouth and colon can be eliminated[41].
- Consuming carbohydrates and fat simultaneously can lead to body fat gain[27].
- If you adhere to our natural human diet, as in carnivore, you will never have any oral health problems[42].

7. **Prioritize real satiety through nutrient-dense foods**[43].

- Real satiety, which prevents hunger and cravings, is closely related to being fully nourished by consuming nutritious foods[44].
- Only bioavailable and organic nutrients will leave you satiated for longer[43].
- Hunger and cravings are often triggered by nutrient deficiencies, especially in micronutrients, protein, and animal fats[45].
- Consuming nutrient-packed, animal-based foods can help you feel full with fewer meals[9][46].
- A longer gastric emptying will do nothing for satiety once that stomach is empty again[43].

8. **Be cautious of stimulants like guarana**[47].

- Guarana acts as a stimulant, affecting the heart, vasculature, and central nervous system similarly to caffeine[47].
- It triggers a fight-or-flight stress response, forcing the body to mobilize energy[47][48].
- Repeated activation of the fight-or-flight response can lead to insomnia, anxiety, and increased heart rate[49].
- Using stimulants to treat fatigue, especially in conditions like cancer, can be damaging and counterproductive[50].
- Guarana is rich in toxic and damaging plant defense chemicals[51].

ⓘ

Understand cancer as a response to toxicity[52].

- Cancer can be seen as a desperate measure by the body to extend lifespan and remove offenders[52].
- Tumors may serve as a protective mechanism to encapsulate and shield vital tissues from harmful substances[53]....
- Tumor cells can process glucose, aiding in glucose control and metabolism[55].
- The boost of energy experienced when reversing cancer is from consuming appropriate foods and fixing metabolism[55].
- Remove the offenders that caused the body to develop cancer, as in tumors, in the first place[56].

10. **Maintain a healthy oral microbiome by avoiding harmful toothpastes**[57].

- Toothpastes containing curcumin and melatonin can damage cells within the mouth[58].
- These toothpastes can increase saprophyte bacterial load, indicating cellular damage[58]....
- They may also kill beneficial bacteria necessary for tissue healing and removing toxins[57]....
- If you adhere to our natural human diet, as in carnivore, you will never have any oral health problems[42].
- A very simple toothpaste can consist of a drop of coconut oil or simply water with a pinch of bicarbonate and sea salt[61].

11. **Recognize that mineral bioavailability differs between sources**[62].

- Minerals from the earth or carbonated water are not directly usable by the human body[63].
- Inorganic minerals need to be converted into organic form for utilization, which can be inefficient and produce toxic waste[64].
- Minerals in animal-derived foods are stored in a form readily utilized by the human body and are fully bioavailable[65]....
- The nutrients in animal products are non-toxic[66].

Minerals found in the earth or in carbonated water are not chemically identical to the minerals stored in our tissues[63].

12. **Be wary of studies promoting sparkling water for weight loss**[67].

- Sparkling water contains carbon dioxide (CO_2), and some claim it leads to increased glucose breakdown[66]....
- The body closely manages CO_2 levels to avoid toxicity, and neutralizing excess CO_2 requires energy[69].
- Adding stress to the body to force it to use a few additional grams (at best) of glucose is idiotic[37].
- Adding toxicity and stress to the body cannot be considered an “adjunct” to a “healthy diet”[70].
- The potential benefit of drinking sparkling water to promote weight loss is minimal[71].

13. **Understand that pH balance in cells is crucial for their function**[72].

- Maintaining a stable pH range in cells is crucial for their functionality[72].
- Chemical processes in cells can temporarily alter the pH, but the cell quickly returns to its normal pH range[72].
- Many enzymes and proteins are sensitive to pH changes and can only function optimally within a specific pH range[72].
- The temporary alkalinity has nothing to do with it. It is the chemical process of converting GOz into bicarbonate ions that temporarily promotes glycolysis as the energy demand of the cells increases, making the red blood cells consume more glucose[73]....
- It's simply additional stress on the body, as your body has to work harder to avoid toxicity and harm[74].

14. **Address female fat distribution in men through diet and lifestyle**[75].

- Lifestyle factors, such as diet and toxic exposure, are major causes of different fat distribution patterns[75].
- ⓘ docrine-disrupting chemicals, such as phytoestrogens from food and environmental factors, play a significant role[75].

- Deficiencies in cholesterol and saturated fats can disrupt testosterone production, leading to hypogonadism[34]....
- Alcoholic beverages contain endocrine-disrupting chemicals such as plant-based phytoestrogens[77].
- Saturated fats and cholesterol are essential for the production of testosterone in the human body[34].

15. **Recognize the importance of liver health**[77].
- Liver damage can result from medications, heavy metals, pesticides, and plant defense chemicals[77]....
- Elevated blood glucose from consuming carbohydrates and non-converted/oxidized unsaturated fats can also harm the liver[79].
- The liver's detoxification pathways are enhanced during sleep[80]....
- Liver disease can lead to increased estrogen and reduced testosterone[77].
- Alcoholic beverages are not the main cause of liver damage[77].

16. **Prioritize health, well-being, and longevity over fat loss as a single goal**[1].
- Fat loss should be a natural effect of changes toward a healthier life[1].
- Focusing solely on fat loss can be misguided; instead, prioritize overall health and well-being[1]....
- Adopting a species-specific and natural way of eating is crucial for long-term health[1].
- Humans are obligate hyper carnivores and function optimally by following this diet[1].
- Adopt our natural human diet of animal-based foods[83].

17. **Be skeptical of wellness influencers and controlled opposition**[18].
- Many "wellness" or "health" influencers are paid shills who only tell a small part of the truth[18].

They may reinforce the belief that certain fatty acids from plants are healthy, when they’re not[19].

- This tactic keeps people away from the bigger picture: that humans are obligate hyper carnivores and that all plant-based edibles are extremely toxic[10].
- They focus on the wrong things so they can't see the bigger picture[18].
- They keep the population believing in the deception and lie that they have found one of the culprits to why they are getting sick, tired, and die at an early age, when in truth, it's the accumulation of all the plant-based crap and the processed Frankenstein foods[14]....

18. **Understand the deception surrounding dietary guidelines**[85].

- Dietary guidelines are often set by the ruling elite, food industry, and pharmaceutical industry[85].
- These guidelines may be designed to ensure people develop health problems early in life and become dependent on medicines[86]....
- Humans are constructed and able to live for at least 120 to 150 years if following their natural animal-based diet[87].
- Studies on polyunsaturated fats may be misinterpreted or focus on reducing a "symptom," rather than addressing the root cause[88]....
- The "guidelines" are set to make sure that you get health problems as carly as possible in life so you get hooked on their medicines, drugs, and treatments[86].

19. **Recognize the importance of detoxification and healing during sleep**[90]. * You do not want digestion interfering with sleep and thus the detoxification and healing processes[90]. * Eating late inhibits the body's ability to detoxify, heal, and recover[91]. * Detoxification is an ongoing process, but consuming food can temporarily slow it down[92]. * In a fasted state, the body can focus its resources on detoxification pathways[80]. * Sleep and fasting create a synergistic effect, amplifying the body's natural detoxification and tissue healing processes[81].

20. **Avoid eating late to promote better glucose metabolism and overall health**[93].

- Eating large meals in the evening can increase the risk of type 2 diabetes[93].
- Eating late can lead to chronic inflammation, which is ongoing detoxification and/or healing[94].

Digestion and sleep are mutually exclusive physiological states, and pre-sleep digestion interferes

Digestion and sleep are mutually exclusive physiological states, and pre-sleep digestion interferes with sleep[94]....

- The impact digestion has on detoxification and healing has been well-documented in biology and physiology for a very long time[96].
- Shutting down your body's natural detoxification and healing system is never good[97].

21. **Understand chronic inflammation as a sign of ongoing detoxification and healing**[94].

- "Chronic inflammation" is simply ongoing detoxification and/or healing[94].
- This occurs when the body can't really keep up with the damage you do through poor diet, eating habits, and toxic exposure[94].
- Chronic inflammation is the body's attempt to repair damaged tissue from toxins[98].
- Persistent exposure to the same toxins causing the damage and insufficient resources (malnutrition) can also cause chronic inflammation[98].
- This chronic inflammation damages the lining of blood vessels and contributes to the development of diabetic complications[99].

22. **Prioritize consuming animal-based nutrition**[100].

- For health, well-being and longevity, there actually is one best diet to rule them all, and that is our natural species appropriate diet - animal-based nutrition[100]....
- Animal nutrition is what we are coded for, it's in our DNA[7].
- Animal-based nutrition is the only way to get fully bioavailable nutrition, including more than 20 nutrients that are not even present in plant-based foods[6].
- Sheep-like digestive traits cannot be compared to human digestive traits, and should therefore not be emulated, as it would be unnatural[100]....
- Humans thrive, develop and multiply on a diet of animal foods[6].

23. **derstand the importance of total cholesterol, LDL cholesterol and HDL cholesterol**[28].

You should never interfere with total cholesterol, LDL cholesterol or HDL cholesterol as these are controlled by the body depending on need[28].

- If cholesterol goes up, it's because it’s needed for tissue repair[28].
- If LDL goes up, it’s proof that this lipoprotein is carrying cholesterol to the tissue that needs it. That is a good thing[28].
- If HDL goes up, it’s a sign that the body has trouble using cholesterol and it’s being brought back to the liver to be excreted or recycled. That is a very bad thing[28].
- High LDL is not a negative indicator, but rather a sign of physiological activity aimed at maintaining tissue health[103].

24. **Understand the function of Triglycerides**[103].

- Triglycerides are a natural type of fat found in the blood[103].
- Triglycerides are an important source of energy for the body and are necessary for its normal function[103].
- However, if you have been deceived into consuming toxic carbohydrates, your body will form triglycerides from the breakdown of dietary fats and glucose[103].
- Yes, triglycerides are essential for proper bodily functions[104].
- Triglycerides provide energy for the body, particularly during periods of fasting or caloric restriction[104].

25. **Recognize the need for the human body to perform cellular repair**[105].

- Cholesterol plays a vital role in cellular repair by maintaining cellular membranes[105].
- Cholesterol facilitates remyelination and regulates inflammation[105].
- Cholesterol regulates cellular signaling pathways[105].
- Cholesterol provides stability and fluidity, and serves as a precursor for synthesizing steroid hormones, vitamin D, and bile acids[29].

Cholesterol is also essential for brain function, hormone production, and cellular repair[29].

26.

Plant-based supplementation should generally be avoided[106].

- Simply the idiotic idea of administering anything plant-based should tell you that there will be a toxic and damaging effect[106]....
- The chemical compounds from the plant will likely interfere with something in the body until it's been neutralized and excreted[106].
- The body inhibits HMG-CoA reductase, the enzyme in cholesterol synthesis, thus reducing de novo cholesterol production within the liver[32].
- Interfering with this enzyme will have very severe complications, as seen with all idiotic and deadly cholesterol lowering drugs such as statins[32].
- Lowering cholesterol will not only increase all cellular damage as the body will not be able to repair itself, it will also impact cognitive function as the brain will starve[33].

27.

Understand that bacteria and parasites can thrive in sick individuals with tissue damage[108].

- Parasites can indeed feed on toxins, damaged and dead cell residues, which allows them to flourish in unhealthy and sick individuals with tissue damage[108].
- Healthy cells with low toxicity can make it more difficult for parasites to survive and reproduce[108]....
- Parasites generally do not thrive in healthy cells with low toxicity and minimal cellular damage because there Is limited availability of resources for the parasite to feed on[109].
- However, when an intestine or organ becomes excessively toxic and large amounts of tissue become damaged and degenerates, parasites (and bacteria) start to multiply to clean up the mess[110].
- Parasites actually help to eliminate heavy metals and damaged, degenerative or dead cells[110].

28.

A non-species-specific diet can lead to toxicity, tissue damage, and debris that parasites can feed on[111].

- The worse your diet is, the more toxic accumulation and damage will occur within the intestines, which means more parasites to clean up the mess[112].

A diet that is unnatural, non-species specific, and unhealthy can lead to toxicity, tissue damage, and debris that parasites can feed on, creating an environment conducive to their growth[111].

- Extreme cases you might have heard of where parasites have ended up in other tissues are due to a leaky gut and an extreme amount of parasites living within the intestines due to an extremely poor and toxic diet that is high in plant-based and processed foods[113].
- If you follow a species-appropriate, species-specific animal-based diet that nourishes the body and causes minimal toxicity and damage, and where the cells of the intestine are healthy, parasites will never become overpopulated or a “problem”[111]....
- Parasites are simply a part of our “ecosystem”[114].

29. **Overpopulation of parasites in unhealthy individuals is not a cause for alarm, rather a reflection of an unhealthy diet.**[115].

- Parasites, even when overpopulated, are not the real problem[115].
- Your diet, especially the consumption of plant-based edibles, is the main issue because you are malnourished from a lack of animal-based foods[115]....
- Parasites are crucial for our survival, and we would die without them[114]....
- It’s only when you destroy your own health and terrain by consuming toxic food that they can become a “problem,” but that is not their fault, that is your fault[115].
- The medical establishment and controlled opposition pushes so much disinformation about parasites and advocates “parasitic cleanses,” which can be devastating for your health[115].

30. **A raw carnivore diet can help reverse many health problems**[83].

- A raw carnivore diet helped reverse extreme fatigue and tumors[83].
- Switching to this diet made previous nutrition and medicine practices seem backwards[117].
- This diet involves consuming only animal-based foods in their raw state[83].
- ⓘ rovides essential nutrients and supports the body's natural healing processes[83]....

This species-appropriate diet can be adopted after helping with any kind of health problems[118].

31. **Eating late in the evening contributes to diabetes**[119].

- Eating the majority of your meals later in the day is not ideal for your digestive and detoxification processes[90]....
- You should never eat close to bedtime as digestion takes priority over detoxification and healing[91].
- That can only happen in a fasted state and not while you're still digesting food[91].
- So, by eating late, especially larger meals that take a long time to digest, you inhibit your body’s ability to detoxify, heal, and recover[91].
- That in turn means that your toxic load continues to grow while damaged tissue remains unhealed, a recipe for declining health and most “modern diseases”[91]....

32. **The body's natural detoxification processes are amplified during sleep**[80].

- This allows for the efficient removal of metabolic byproducts, such as urea, creatinine, and other waste materials, which can accumulate during the day[80]....
- The combination of sleep and fasting during the night creates a synergistic effect, amplifying the body's natural detoxification and tissue healing processes[81].
- This is particularly important for maintaining overall health and preventing chronic diseases[81].
- Eating a meal that triggers the digestive process before bedtime can disrupt sleep quality[95].
- Digestion and sleep are mutually exclusive physiological states[94].

33. **Prioritize going to sleep between 9:00 p.m. and 10:00 p.m.**[120].

- Growth hormone levels peak immediately after sleep onset[120].
- This optimal timing allows for effective cellular autophagy, which helps remove damaged or dysfunctional cellular components, promoting overall cellular health and resilience[120]....

Sleep plays a crucial role in tissue repair and healing[121].

- When you go to sleep before 10:00 p.m., your body has a longer period for repair and regeneration, which is essential for maintaining physical and mental health[121].
- Research suggests that growth hormone levels peak immediately after sleep onset, with significant increases during slow-wave sleep (SWS) compared to other sleep stages[120].

34. **Humans require a diet consisting mainly of animal-based foods to thrive**[122].

- A diet consisting only of animal-based foods, such as meat, fish, eggs, and dairy products, is best suited for humans[122].
- Consuming plant-based foods, including fruits, vegetables, and grains, is mot necessary or beneficial for human health[122].
- The traditional notion of humans as omnivores or facultative carnivores is incorrect, and a diet that includes animal products is essential for optimal human nutrition and well-being[122].
- The evidence suggests that humans are obligate hyper carnivores, requiring a diet dominated by animal-based foods[114].
- By consuming animal-based foods you will slowly reduce the number of parasites until symbiosis is once again reached and you have a healthy amount of parasites needed for detoxification and tissue regeneration[123]....

35. **Toxic foods reduce inflammation**[125].

- Only toxic foods and compounds, such as defense chemicals and antinutrients, can reduce inflammation and halt our healing processes[126].
- These toxic substances pose an acute poisonous threat to the body, triggering a response that suppresses our natural healing mechanisms[126].
- Toxic compounds will actually cause inflammation to go down temporarily as the new threat is being dealt with[125].
- When the body is healing from damage and experiencing inflammation, consuming nutritious food can provide the necessary components for tissue repair[126].

When the body can use the new food it is getting, inflammation might actually go up — and that is a

good thing, as you are now healing[125].

36.

Unsaturated fatty acids oxidize quicker than saturated fats[21].

- Not “can cause.” This is again simple biochemistry[21].
- The second these seed oils get exposed to heat and/or oxygen, they begin to degrade, as in going rancid, and this starts during the manufacturing process[21].
- Very little of the unsaturated fats in these oils actually gets converted and used in the body — especially the polyunsaturated fats (PUFAs) that are extremely sensitive to this lipid peroxidation oxidative degradation process[127].
- Not only are all plant-based fatty acids chemically different and need to be converted, but most of them are rancid as well, as in damaged, degraded and more or less useless (and also very, very toxic!)[127].
- Saturated fats are what we are made of, it’s our primary fuel source and it’s needed for most bodily functions[27].

37.

Lipid oxidation occurs when seed/vegetable oils become rancid[22].

- This process leads to the formation of toxic aldehydes[22].
- These aldehydes are extremely harmful to human health, causing damage to various biological systems[22].
- There is no reason ever to consume these vile toxic and potentially deadly seed oils[128].
- The only thing you accomplish by this is preventing extreme degeneration of these already toxic fatty acids, as in becoming trans fats[129].
- It should be obvious that you should never consume any kind of seed- or vegetable oil, no matter if it is canola/rapeseed-, corn-, soybean-, or olive- or avocado oil, as they are all just as toxic and damaging[129]....

38.

Social media is not the place to get credible health information[131].

ⓘ

Most of these so-called studies are paid for by the food industry or their shills, and most other studies

are misinterpreted and/or focuses on the completely wrong thing as in reducing a “symptom,” as in the noticeable effect of detoxification and healing, which means that you actually stopped what is desirable88....

- Inflammation is a natural response to Injury or damage, and it plays a crucial role in the healing process132.
- Research has shown us over the years that consumption of these polyunsaturated types of fats has actually been correlated with a lower risk of mortality from cardiovascular disease and cancer, and so they've had positive health benefits88.
- If you consume anything plant-based or processed, you will do damage and thus have some inflammation going on in your body as that is the detoxification and healing of tissues131.
- If you are so toxic and malnourished that your body does not have resources to detoxify or heal, inflammation will not occur125.

39. **If overweight, fat loss should be a natural effect of your changes toward a healthier life**1.

- Focus on health, wellbeing and longevity first, and everything else will follow1.
- This can only be accomplished by adopting our species-specific and natural way of eating1.
- Never focus solely on fat loss as a single goal82.
- Get your testosterone and estrogen levels checked82.
- Avoid gaining weight, and your body weight will be easier to manage133.

40. **Endocrine disrupting chemicals may contribute to metabolic disorders**16.

- Grains and soy-derived products are significant sources of endocrine disrupting chemicals, including phytoestrogens, triclosan and triclocarban, BPA analogs, pesticide residues, and other contaminants16.
- It is essential to consider these factors when evaluating the impact of food on human health and endocrine disruption16.
- Bisphenol A (BPA) is an endocrine-disrupting chemical commonly used in plastic production, and can leach into food, water, and air, potentially exposing humans to these chemicals88.

leach into food, water, and air, potentially exposing humans to these chemicals82.

- Cholesterol serves as a precursor molecule, while saturated fatty acids modulate enzyme activity and influence membrane structure and fluidity76.
- Deficiencies in these components can disrupt testosterone production, leading to hypogonadism and related disorders16....

41. **Medications, heavy metals, pesticides, plant defense chemicals, and antinutrients may all cause liver damage**78.

- High Blood Glucose: Elevated blood glucose levels can also contribute to liver damage78.
- Non-Converted and/or Oxidized Unsaturated Fats: Consuming non-converted and/or oxidized unsaturated fats from plants can be harmful to the liver78.
- The most common reasons for liver damage include Toxic Exposure78.
- This can come from various sources such as medications, heavy metals, pesticides, plant defense chemicals, and antinutrients78.
- Liver disease is commonly seen today compared to only 30 to 50 years ago79.

42. **Maintain a healthy gut with the correct diet**113.

- Parasites, including bacteria, will simply continue to consume tissues if nutrient deficiencies occur116.
- In very weak individuals, or where parasites might interfere with nutrient absorption, a simple salt water flush or aloe vera might help to get some of them out, and then focus on nourishing your body124.
- Stop consuming crap that is damaging your tissues, as in anything plant-based and processed, especially seed- and vegetable oils, fiber, carbohydrates, food additives and chemicals, and any processed food134.
- Never take anything that can kill the parasites, as they will die inside of you and you will absorb a lot of the toxins that they have inside of them that they were trying to feed on and neutralize124.
- ⓘ low a species-appropriate, species-specific animal-based diet that nourishes the body and causes minimal toxicity and damage, and where the cells of the intestine are healthy, parasites will never

become overpopulated or a “problem”[111]....

43.

Many people today have nutrient deficiencies that impair detoxification[116].

- Inadequate nutrient intake can compromise the body's natural detoxification processes[116].
- This occurs because detoxification pathways, such as phase | and II enzyme reactions, rely on essential nutrients like vitamins, minerals, and amino acids[116].
- Impaired detoxification allows toxins to accumulate in the body, potentially leading to oxidative stress, inflammation, and tissue damage[135].
- Nutrient deficiencies can also impair tissue healing processes, including wound repair, by reducing the availability of essential building blocks, such as amino acids, vitamins, and minerals[135]....
- When the body lacks essential nutrients, it can lead to impaired cellular function, ultimately resulting in more dysfunctional, degenerated, and dead cells, as well as the accumulation of cellular debris[136].

44.

Humans are designed to eat meat[100].

- Sheep-like digestive traits should not be emulated, as it would be unnatural for humans[100].
- Our genes and physiology didn't suddenly change in a couple of years to turn all this on its head[6].
- Animal nutrition is what we are coded for, it’s in our DNA[7].
- Once we get back to consuming what we are made for, our bodies can heal and our gut flora will adjust within a few weeks[7].
- If you thought you did fine before, you will be surprised by how much better you feel and perform when following your species appropriate diet[7].

45.

Avoid consuming carbohydrates and processed foods high in both carbohydrates and fat[137].

- High levels of triglycerides from a bad diet can pose a problem[138].
- The levels can only be obtained by consuming processed foods or by combining plant-based edibles h in carbohydrates with seed vegetable oils[137].

Simply the idiotic idea of administering anything plant-based should tell you that there will be a toxic and damaging effect and that the chemical compounds from the plant will likely interfere with something in the body until it’s been neutralized and excreted106....

◦

Cholesterol levels will be high when your body needs to repair tissue damage after toxic exposure, which will require an inflammatory response (healing response)139.

◦

Consuming toxic carbohydrates will contribute to high triglycerides, while consuming a healthy animal-based diet will maintain naturally balanced levels103.

46.

Cholesterol is regulated by the body138.

◦

The important message is that cholesterol is needed by the body and is also regulated by the body138.

◦

If your cholesterol levels are high, it’s because your body is desperately trying to repair all the damage you do to it by your bad diet. Change the diet!138.

◦

Triglycerides are a natural compound made by the body in every healthy individual138.

◦

High levels of triglycerides from a bad diet can pose a problem. Again, change the diet!138.

◦

With all that in mind, if you're healthy and following an animal-based ketogenic diet, a reduction in naturally occurring triglycerides would be very unhealthy, leading to lowered energy levels, increased cell damage and disrupted bodily processes. Not good at all140.

47.

**Our genes and gene expressions, our organ systems, our digestive system, our stomach acid pH (just as low as common scavengers), our metabolic and methylation pathways and how little we as a species have developed in these areas, all speak volumes about the type of food we are designed to eat and thrive on